

## **Abbreviations**

HM = Human Milk Oz = ounces

IFF = Iron Fortified Infant Formula

## S = Snack

**0-3 months - Individual Infant Monthly Menu Directions:** This monthly menu form is for one infant (age 0-3 months). Date and complete the menus (breakfast, lunch and snack) as served. Designate which snack is served (AM or PM) or divide snack in half if both AM and PM snacks are served.

Month & Year				Infant's Name						
Formula Name				Birth date		A	Age			
Who provides formula?		Parent or Center (circle one)								
	Infant Meal Pattern*		Monday Date:		Tuesday Date:	Wednesday		Thursday Date:	Friday Date:	
Bft	4-6 oz HM or IFF									
Lunch	4-6 oz HM or IFF									

_						
Lunch	4-6 oz HM or IFF					
S	4-6 oz HM or IFF					
		Date:	Date:	Date:	Date:	Date:
Bft	4-6 oz HM or IFF					
Lunch	4-6 oz HM or IFF					
S	4-6 oz HM or IFF					
		Date:	Date:	Date:	Date:	Date:
Bft	4-6 oz HM or IFF					
Lunch	4-6 oz HM or IFF					
S	4-6 oz HM or IFF					
		Date:	Date:	Date:	Date:	Date:
Bft	4-6 oz HM or IFF					
Lunch	4-6 oz HM or IFF					
တ	4-6 oz HM or IFF					
		Date:	Date:	Date:	Date:	Date:
Bft	4-6 oz HM or IFF					
Lunch	4-6 oz HM or IFF					
S	4-6 oz HM or IFF					

\*Minimum quantities are listed, some infants will need more food to be healthy.

Note: Prepare the amount of breast milk the baby usually drinks at one feeding. Some babies may drink less than 4 oz. at a feeding. Offer more if the baby still seems hungry.